

# Halloween Safety Tips



## Homeowners:

- Clear yard of anything that can trip the young ones
- Put pets away to protect them from cars or inadvertently biting a trick-or-treater
- Use battery-powered, jack-o'-lantern candles
- If you do use candles, place them well away from trick-or-treaters and yard decorations
- Healthy food alternatives for trick-or-treaters include: packages of cheese or peanut butter crackers, single-serve boxes of cereal, packaged fruit rolls, raisins and packets of microwavable low-fat popcorn

## Parents:

- Eat a healthy dinner before starting out
- If your children go out on their own, be sure they wear a watch, preferably one that can be read in the dark
- If you buy a costume, look for one made of flame-retardant material

- Let your older children carry a cell phone so you may reach them if necessary
- Tell children to bring all candy home to be inspected before consuming, and toss out anything that looks suspicious

## Trick-Or-Treaters:

- Carry a flashlight
- Make sure costumes don't drag on the ground
- Make sure you walk, don't run
- Wear clothing with reflective markings or tape
- Carry only flexible knives, swords or other props; use with caution
- Obey traffic signals
- Stay in familiar neighborhoods
- If there is no sidewalk, walk on the left side of the road facing traffic
- Approach only houses that are lit
- Stay away from, and don't pet, animals you don't know

